



Sioux Rivers

REGIONAL MENTAL HEALTH & DISABILITIES SERVICES

SIoux RIVERS REGIONAL MHDS

FY24 ANNUAL REPORT

**SUBMITTED
11/20/24**

GEOGRAPHIC AREA: Dickinson, Emmet, Lyon, O'Brien, Plymouth, Sioux

APPROVED BY ADVISORY BOARD: 11/12/24 AND 11/13/2024

APPROVED BY GOVERNING BOARD: 11/19/24

Table of Contents

Introduction	2
A. Services Provided and Individuals Served.....	3
Table A. Number of Individuals Served for Each Service by Diagnostic Category.....	3
Table B. Unduplicated Count of Individuals by Age and Diagnostic Category	4
B. Regionally Designated Intensive Mental Health Services	6
C. Financials	8
Table C. Expenditures	8
Table D. Revenues	13
D. Status of Service Development in FY2024	13
E. Outcomes/Regional Accomplishments in FY2024	16
F. FY25 Projection and Transitions.....	37

Introduction

Sioux Rivers Regional MHDS was formed under Iowa Code Chapter 28E to create a Mental Health and Disability Service Region in compliance with Iowa Code 225C.57. The annual report is a component of the Management Plan which includes three parts: Annual Service and Budget Plan, Annual Report and Policies and Procedures Manual in compliance with Iowa Administrative Code 441.25.

The FY2024 Annual Report covers the period of July 1, 2023 to June 30, 2024. The annual report includes documentation of the status of service development, services actually provided, individuals served, designated intensive mental health services, a financial statement including revenues, expenditures and specific regional outcomes for the year.

Governing Board and Advisory Board (Committee) (Iowa Code 225C.57):

Governing Board

The Sioux Rivers Regional MHDS organizational structure assigns the ultimate responsibility for funding the non-Medicaid funded MHDS services, and oversight of the entire mental health delivery system with the governing board. In FY24 the Regional Governing Board composition was adjusted to limit county boards of supervisors to a maximum of 49% of the total Board. FY24 Board also included providers and individuals with lived experience as voting members as identified below. Representatives were appointed to the Regional Governing Board by the individual County Boards of Supervisors, Sioux Rivers MHDS Advisory Committees, or the Regional Governing Board itself.

1. One person who utilizes adult mental health and disabilities services or is an actively involved relative of such an individual. This director shall be appointed by the Sioux Rivers Adult Advisory Committee. This director shall serve as a voting member and shall serve an initial term of one year, which shall begin upon the Effective Date, with appointments thereafter to be for two-year terms.
2. One member representing the education system in the region. This director will be designated by the Children's Mental Health Advisory Committee. This director shall serve as a voting member and shall serve an initial term of one year, which shall begin upon the Effective Date, with appointments thereafter to be for two-year terms.
3. One member who is a parent of a child who utilizes children's behavioral health services or an actively involved relative of such children. This director will be designated by the Regional Children's Mental Health Advisory Committee described below. This director shall serve as a voting member and serve an initial term of one year, which shall begin upon the Effective Date, with appointments thereafter to be for two-year terms.
4. One person representing adult services providers in the region. This director shall be designated by the regional Adult Services Advisory Committee. This director shall serve as a voting member and shall serve an initial term of one year, which shall begin upon the Effective Date, with appointments thereafter to be for two-year terms.
5. One person representing children's behavioral health services providers in the region. This director shall be designated by the regional Children's Advisory Committee. This director shall serve as a voting member and shall serve an initial term of one year, which shall begin upon the Effective Date, with appointments thereafter to be for two-year terms.
6. One person representing law enforcement in the region. This Director shall serve as a voting member and appointed to serve an initial term of one year, which shall begin upon the Effective Date, with appointments thereafter to be for two-year terms.
7. One person representing the judicial system in the region. This Director shall serve as a voting member and appointed to serve an initial term of one year, which shall begin upon the Effective Date, with appointments thereafter to be for two-year terms.

FY24 Regional Governance Board Members (all voting):

Kim Wermersen, Board Chair

Don Kass, Board Vice Chair

Tim Schumacher

Cory Altena

Dennis Vanden Hull

Carl VandeWeerd

Jamie Van Voorst

Jeff Jager

Kevin Maughan

MHDS Advisory Board

Sioux Rivers Regional MHDS encourages stakeholder involvement by maintaining regional advisory board (committees) which assist in developing and monitoring the plan, goals and objectives identified for the adult MHDS and children’s behavioral health service systems. Advisory Boards serve as a public forum for other related MHDS issues and are appointed by the Governing Board. In FY24 Sioux Rivers maintained two advisory boards, one for adult services and one for children’s behavioral health services as outlined in our Regional Management Plan.

Adult Advisory Board has a minimum of nine members and includes:

- Individuals utilizing services or actively involved relatives of such individuals
- Service provider(s)
- Regional Service Coordinator
- County Supervisor representative of the Governing Board of Directors
- Other interested community members

The Children’s Advisory Committee has a minimum of ten members and includes:

- Parents or actively involved relatives of a child receiving behavioral health services
- Representative of the educational system
- Early childhood advocate
- Child welfare advocate
- Children’s behavioral health services provider
- Representative of the juvenile court system
- Pediatrician
- Child- care provider
- Law enforcement representative
- County Supervisor representative from the Governing Board of Directors
- Regional Service Coordinator

Adult Advisory Committee FY24 Members:

Dorothy Christensen- Chair	Beth Will	Carl VandeWeerd
Wade Koenen	Barry Whitsell	Mike Martens
Cheryl Van Beek	Sara Sprock	(Open)

Children Advisory Committee FY24 Members:

Brenda Langstraat Janish	Megen Fretham	Cheryl Van Beek
Brittany Funston	Denise Driesen	Shawn Olsen
Kim Schroeder	Don Kass	Kaisha Netten
Beth Will	(Law Enforcement-Open)	

A. Services Provided and Individuals Served

Table A. Number of Individuals Served for Each Service by Diagnostic Category

Disability Group	Children	Adult	Unduplicated Total	DG
Mental Illness	212	879	1091	40
Mental Illness, Intellectual Disabilities	0	14	14	40, 42
Intellectual Disabilities	0	6	6	42
Total	212	899	1111	99

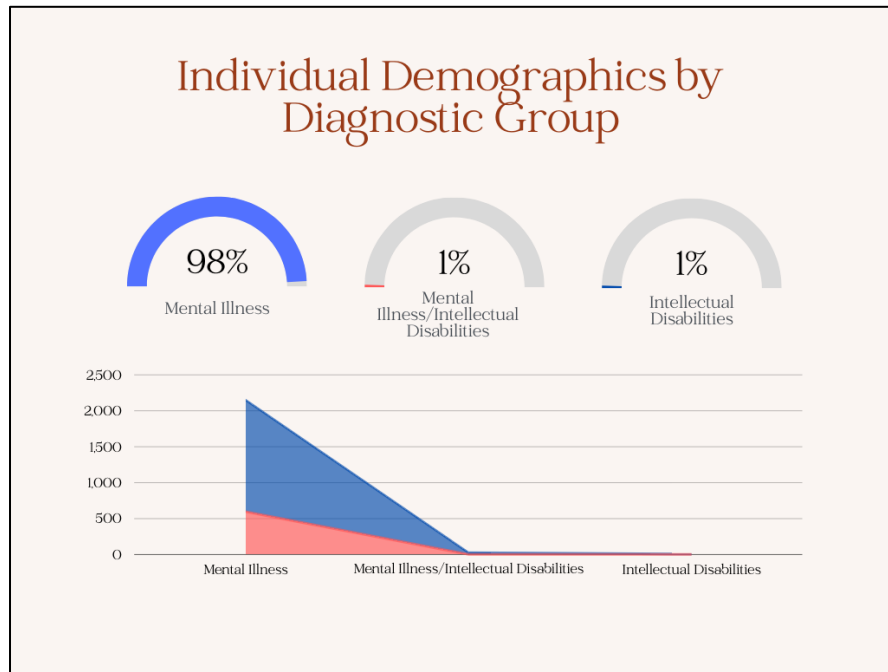


Table B. Unduplicated Count of Individuals by Age and Diagnostic Category

FY 2024 Actual GAAP	Sioux Rivers Regional MHDS MHDS Region	MI (40)		ID(42)		DD(43)		BI (47)		Other		Total
		A	C	A	C	A	C	A	C	A	C	
Core												
	Treatment											
42305	Psychotherapeutic Treatment - Outpatient	4	4									8
43301	Evaluation (Non Crisis) - Assessment and Evaluation	1										1
71319	State MHI Inpatient - Per diem charges	2										2
73319	Other Priv./Public Hospitals - Inpatient per diem charges	11										11
	Basic Crisis Response											
	Justice System Involved Services											
44301	Crisis Evaluation	262	89									351
44302	23 Hour Observation and Holding	2										2
44307	Mobile Response	28	12									40
44312	Crisis Stabilization Community Based Services (CSCBS)	6	1									7
44313	Crisis Stabilization Residential Service (CSRS)	28										28
44396	Access Center start-up/sustainability/coordination	1										1
	Support for Community Living											
32325	Support Services - Respite Services		47									47
32329	Support Services - Supported Community Living	9		4								13
42329	Psychotherapeutic Treatment - Intensive Residential Services	2										2

	Support For Employment											
50367	Day Habilitation	6		11								17
50368	Voc/Day - Individual Supported Employment	2		11								13
	Recovery Services											
45366	Peer Family Support - Peer Support Services	2										2
	Service Coordination											
	Sub-Acute Services											
63309	Sub Acute Services (1-5 Beds)	2										2
	Core Evidence Based Treatment											
42398	Assertive Community Treatment (ACT)	11										11
	Core Subtotals:	379	153	26								558
	Mandated											
74XXX	CommitmentRelated (except 301)	159	4									163
75XXX	Mental health advocate	235	13									248
	Mandated Subtotals:	394	17									411
	Core Plus											
	Justice System Involved Services											
46305	Mental Health Services in Jails	62	1									63
	Additional Core Evidence Based Treatment											
42366	Psychotherapeutic Treatment - Social Support Services	53										53
	Core Plus Subtotals:	115	1									116
	Other Informational Services											
	Community Living Support Services											
22XXX	Services management	509	101									610
31XXX	Transportation	72										72
33340	Basic Needs - Rent Payments	2	1									3
41306	Physiological Treatment - Prescription Medicine/Vaccines	1										1
46306	Prescription Medication (Psychiatric Medications in Jail)	32										32
	Community Living Support Services Subtotals:	616	102									718
	Congregate Services											
64XXX	RCF-6 and over beds	19										19
	Congregate Services Subtotals:	19										19
	Administration											
	Uncategorized											
	Regional Totals:	1523	273	26								1822

B. Regionally Designated Intensive Mental Health Services

The region has designated the following provider(s) as an **Access Center** which has met the following requirements:

- Immediate intake assessment and screening that includes but is not limited to mental and physical conditions, suicide risk, brain injury, and substance use.
- Comprehensive person-centered mental health assessments by appropriately licensed or credentialed professionals.
- Comprehensive person-centered substance use disorder assessments by appropriately licensed or credentialed professional.
- Peer support services.
- Mental health treatment.
- Substance abuse treatment.
- Physical health services.
- Care coordination.
- Service navigation and linkage to needed services.

<u>Date Designated</u>	<u>Access Center</u>
12-31-2022	Siouxland Menta Health Center- Sioux City, IA



Access Center is the coordinated provision of intake assessment, screening for multi - occurring conditions, care coordination, crisis stabilization residential services, subacute mental health services, and substance abuse treatment for individuals experiencing a mental health or substance abuse crisis who do not need inpatient psychiatric hospital treatment, but who do need significant amounts of supports and services not available in other home and community -based settings.

Sioux Rivers provides funding to Siouxland Mental Health as our contracted Access Center provider.

The region has designated the following **Assertive Community Treatment (ACT)** teams which have been evaluated for program fidelity, including a peer review as required by subrule 25.6(2), and documentation of each team’s most recent fidelity score.

<u>Date Designated</u>	<u>ACT Teams</u>	<u>Fidelity Score</u>
7/1/2022	Seasons Center for Behavioral Health	107/140

A fidelity review was conducted on December 1, 2023, by the Center for Excellence for Behavioral Health (CEBH) using the DACTS review instrument. Seasons Center’s ACT program scored 107 out of a possible 140, meeting fidelity requirements.



Assertive Community Treatment (ACT) is a program of comprehensive outpatient services provided in the community and directed toward the improvement of symptoms and the rehabilitation of behavioral, functional, and social deficits of individuals with severe and persistent mental illness and individuals with complex symptomology who require multiple mental health and supportive services to live in the community.

Sioux Rivers provides funding and support to Seasons Center for Behavioral Health to provide Regional ACT services. In FY24 6 individuals were provided ACT services which enabled them to remain vital in their home and community environments, and 3 individuals on the waiting list.

The region has designated the following **Subacute** service providers which meet the criteria and are licensed by the Department of Inspections and Appeals.

Date Designated	Subacute
12-31-2022	Siouxland Mental Health Center



Siouxland Mental Health Center 2 Sioux Rivers individuals in the Subacute Level of Care during FY24.

The region has designated the following **Intensive Residential Service** providers which meet the following requirements:

- Enrolled as an HCBS 1915(i) habilitation or an HCBS 1915(c) intellectual disability waiver supported community living provider.
- Provide staffing 24 hours a day, 7 days a week, 365 days a year.
- Maintain staffing ratio of one staff to every two and on-half residents.
- Ensure that all staff have the minimum qualifications required.
- Provider coordination with the individual’s clinical mental health and physical health treatment, and other services and support.
- Provide clinical oversight by a mental health professional
- Have a written cooperative agreement with an outpatient provider.
- Be licensed as a substance abuse treatment program or have a written cooperative agreement.
- Accept and service eligible individuals who are court-ordered.

- Provide services to eligible individuals on a no reject, no eject basis.
- Serve no more than five individuals at a site.
- Be located in a neighborhood setting to maximize community integration and natural supports.
- Demonstrate specialization in serving individuals with an SPMI or multi-occurring conditions and serve individuals with similar conditions in the same site.

A designated IRSH provider shall meet these criteria at initial application and annually thereafter.

<u>Date Designated</u>	<u>Intensive Residential Services</u>
6/1/2022	Lakes Lifeskills (LLS)



FY24 Data: Increased number of beds from 3 to 8 with the opening of a 2nd home.

Total Admissions- 8

Average Stay Length of Stay- 145 days

IRSH is an intensive, community-based service provided 24 hr a day, 7days a week, 365 days a year to individuals with severe and persistent mental illness who have functional impairments and may also have multi-occurring conditions.

IRSH services are a no eject/reject service and strict criteria is in place to limit ejection from a home. During FY24 Lakes Lifeskills also recorded 5 discharges, of those discharges 4 returned to a lesser level of care

C. Financials

Table C. Expenditures

FY 2024 Accrual	XXXX MHDS Region	MI (40)	ID(42)	DD(43)	BI (47)	Admin (44)	Total
Core Domains							
COA	Treatment						
42305	Mental health outpatient therapy **	\$8,775					\$8,775
42306	Medication prescribing & management **						\$ -
43301	Assessment, evaluation, and early identification **	\$1,800					\$1,800
71319	Mental health inpatient therapy-MHI	\$106,812					\$106,812

73319	Mental health inpatient therapy **	\$57,622				\$57,622
	Crisis Services					
32322	Personal emergency response system					\$ -
44301	Crisis evaluation	\$273,666				\$273,666
44302	23 hour crisis observation & holding	\$413				\$413
44305	24 hour access to crisis response					\$ -
44307	Mobile response **	\$8,464				\$8,464
44312	Crisis Stabilization community-based services **	\$8,055				\$8,055
44313	Crisis Stabilization residential services **	\$27,544				\$27,544
44379	System building & sustainability - Crisis	\$936,105				\$936,105
44396	Access Centers: start-up / sustainability	\$53,983				\$53,983
	Support for Community Living					
32320	Home health aide					\$ -
32325	Respite	\$121,262				\$121,262
32328	Home & vehicle modifications					\$ -
32329	Supported community living	\$103,186	\$115,413			\$218,599
42329	Intensive residential services	\$80,456				\$80,456
	Support for Employment					
50362	Prevocational services					\$ -
50364	Job development					\$ -
50367	Day habilitation	\$ 9,113	\$47,573			\$56,686
50368	Supported employment	\$5,962	\$46,267			\$52,230
50369	Group Supported employment-enclave					\$ -
50379	System building & sustainability - IPS & Vocational	\$40,000				\$40,000
	Recovery Services					
45323	Family support					\$ -
45366	Peer support	\$4,048				\$4,048
	Service Coordination					\$ -
21375	Case management					\$ -
24376	Health homes					\$ -
	Sub-Acute Services					
63309	Subacute services-1-5 beds	\$53,623				\$53,623
64309	Subacute services-6 and over beds					\$ -
	Core Evidenced Based Treatment					

04422	Education & Training Services - provider competency	\$63,755					\$63,755
32379	System building & sustainability - Supported housing						\$ -
32396	Supported housing						\$ -
42398	Assertive community treatment (ACT)	\$33,777					\$33,777
45373	Family psychoeducation						\$ -
45379	System building & sustainability - FPE & Recovery Svcs						\$ -
	Core Domains Total	\$1,998,421	\$209,253	\$ -	\$ -		\$2,207,675
	Mandated Services						
46319	Oakdale						\$ -
72319	State resource centers						\$ -
74XXX	Commitment related (except 301)	\$68,922					\$68,922
75XXX	Mental health advocate	\$99,592					\$99,592
	Mandated Services Total	\$168,514	\$ -	\$ -	\$ -		\$168,514
	Additional Core Domains						\$ -
	Justice system-involved services						\$ -
25xxx	Coordination services						\$ -
25378	Contracted coordination services						\$ -
44346	24 hour crisis line*	\$27,000					\$27,000
44366	Warm line*						\$ -
46305	Mental health services in jails	\$56,604					\$56,604
46398	Outpatient Competency Restoration						\$ -
46399	Justice system-involved services-other						\$ -
46422	Crisis prevention training	\$40,992					\$40,992
46425	Mental health court related costs						\$ -
74301	Civil commitment prescreening evaluation						\$ -
	Additional Core Evidenced based treatment						
42366	Peer self-help drop-in centers	\$58,600					\$58,600
42379	System building & sustainability - Non crisis	\$145,600					\$145,600
42397	Psychiatric rehabilitation (IPR)						\$ -
	Additional Core Domains Total	\$328,796	\$ -	\$ -	\$ -		\$328,796
	Other Informational Services						

03371	Information & referral						\$ -
04372	Planning, consultation &/or early intervention (client related) **	\$113,841					\$113,841
04377	Provider Incentive Payment						\$ -
04399	Consultation Other						\$ -
04429	Planning and Management Consultants (non-client related)						\$ -
05373	Public education, prevention and education **	\$321,652					\$321,652
	Other Informational Services Total	\$435,493	\$ -	\$ -	\$ -		\$435,493
Community Living Supports							
06399	Academic services						\$ -
22XXX	Services management	\$378,318					\$378,318
22378	Contracted services management						\$ -
23376	Crisis care coordination						\$ -
23399	Crisis care coordination other						\$ -
23378	Contracted crisis care coordination						\$ -
24399	Health home other						\$ -
31XXX	Transportation	\$61,328	\$40,000				\$101,328
32321	Chore services						\$ -
32326	Guardian/conservator						\$ -
32327	Representative payee						\$ -
32335	CDAC						
32399	Other support						\$ -
33330	Mobile meals						\$ -
33340	Rent payments (time limited)	\$1,500					\$1,500
33345	Ongoing rent subsidy						\$ -
33399	Other basic needs						\$ -
41305	Physiological outpatient treatment						\$ -
41306	Prescription meds	\$111					\$111
41307	In-home nursing						\$ -
41308	Health supplies						\$ -
41399	Other physiological treatment						\$ -
42309	Partial hospitalization						\$ -
42310	Transitional living program						\$ -
42363	Day treatment						\$ -
42396	Community support programs						\$ -
42399	Other psychotherapeutic treatment						\$ -

43399	Other non-crisis evaluation						\$ -
44304	Emergency care						\$ -
44399	Other crisis services	\$8,800					\$8,800
45399	Other family & peer support						\$ -
46306	Psychiatric medications in jail	\$2,994					\$2,994
50361	Vocational skills training						\$ -
50365	Supported education						\$ -
50399	Other vocational & day services						\$ -
63XXX	RCF 1-5 beds (63314, 63315 & 63316)						\$ -
63XXX	ICF 1-5 beds (63317 & 63318)						\$ -
63329	SCL 1-5 beds						\$ -
63399	Other 1-5 beds						\$ -
	Community Living Supports	\$453,052	\$40,000	\$ -	\$ -		\$493,052
Other Congregate Services							
50360	Work services (work activity/sheltered work)						\$ -
64XXX	RCF 6 and over beds (64314, 64315 & 64316)	\$324,762					\$324,762
64XXX	ICF 6 and over beds (64317 & 64318)						\$ -
64329	SCL 6 and over beds						\$ -
64399	Other 6 and over beds						\$ -
	Other Congregate Services Total	\$324,762	\$ -	\$ -	\$ -		\$324,762
Administration							
11XXX	Direct Administration					\$269,050	\$269,050
12XXX	Purchased Administration					\$89,290	\$89,290
	Administration Total					\$358,340	\$358,340
	Regional Totals	\$3,709,038	\$249,253	\$ -	\$ -	\$358,340	\$4,316,631
	(45XX-XXX)County Provided Case Management						\$ -
	(46XX-XXX)County Provided Services						\$ -
	Regional Grand Total						\$4,316,631

Table D. Revenues

FY 2024 Accrual	XXXX MHDS Region		
Revenues			
	FY23 Annual Report Ending Fund Balance		\$3,349,526
	Adjustment to 6/30/23 Fund Balance		
	Audited Ending Fund Balance as of 6/30/23 (Beginning FY24)		\$3,528,461
	Local/Regional Funds		\$180,605
1010	Delinquent Property Tax	-	
25XX	Other Governmental Revenues	-	
4XXX-5XXX	Charges for Services	-	
5310	Client Fees	-	
60XX	Interest	91,465	
6XXX	Use of Money & Property	-	
8XXX	Miscellaneous	89,140	
9040	Other Budgetary Funds (Polk Transfer Only)	-	
		-	
	State Funds		\$1,887,102.80
24XX	State/Federal pass thru Revenue	-	
2644	State Regional Service Payments	2,294,820	
2644	State Regional Service Payments (Refund to State)	(407,717)	
2643	State Incentive Funds	-	
	Other	-	
		-	
	Federal Funds		\$ -
2344	Social services block grant	-	
2345	Medicaid	-	
	Other	-	
	Other	-	
	Total Revenues		\$2,067,708

Total Funds Available for FY24	\$5,596,169
FY24 Actual Regional Expenditures	\$4,316,631
Accrual Fund Balance as of 6/30/24	\$1,279,537

D. Status of Service Development in FY2024

During FY24 Sioux Rivers Regional MHDS was able to provide all the required core services and continued to improve and refine these services while simultaneously addressing gaps in care and regional service needs. Sioux Rivers continued to focus on increasing the utilization of services of core services, such as crisis programs. Additionally, Sioux Rivers was able to use previous fiscal year data to develop individualized provider partner contracts. By utilizing data outcomes Sioux Rivers budgeted dollars were better allocated to the areas of service needs.



Justice Involved Services- During FY24, Sioux Rivers supported our County Law Enforcement agencies by contracting with Flowstate to provide emergency evaluations for incarcerated individuals experiencing a mental health crisis. New in FY24 was funding psychotropic medications prescribed by Flowstate for inmates. Sioux Rivers saw the funding of these medications as vital for overall recovery support for those individuals released from incarceration who might otherwise have not continued the medication management recommendations. Prior to Sioux River

funding, released individuals would not be allowed to take their prescriptions with them, potentially leading to a relapse of mental health symptoms and ultimately a return to incarceration. By funding medications, it ensures that individuals can take their remaining script with them upon release.

Sioux Rivers continued to expand a jail treatment program. This program supported funding for outpatient mental health treatment services for incarcerated individuals. Regional Service Coordinators then continued to follow up after release. The Justice-Involved Service program has seen a dramatic increase in utilization during FY24. Law Enforcement have become more aware of the support that is available to them and as a result have become more active on Sioux Rivers Governance Board, Advisory Boards, and specific work group meetings that are held.

Additionally, Law Enforcement have reached out to Sioux Rivers to provide additional community support during times of community crisis viewing Sioux Rivers as a behavioral health partner. During the flooding of 2024, Sioux Rivers and Law Enforcement responded together providing education, information, and resources for families displaced and those coping with the devastation. Critical Incident Stress Management (CISM) programming was provided across the six regional counties during the flooding, but also following traumatic events such as completed suicides, experienced by Law Enforcement and other first responders throughout the region. Sioux Rivers was called upon to organize and arrange six individual CISM debriefings for our Law Enforcement partners over the course of FY24.

Drug Courts have been a vital part of jail diversion practices for those struggling with addiction as well as for the co-occurring individual. The Drug Court is designed as a jail/prison diversion program. The Drug Court is made up of a panel consisting of community members and professionals along with a Probation Officer from the Department of Corrections and a District Court Judge. Dickinson County has continued to partner with the county Opioid Response team in maintaining and improving their Drug Court programming.

During FY24, Dickinson County Drug Court served 10 participants. Over the course of the year one participant was discharged due to returning to a neighboring state to address pending criminal charges. Unfortunately, a couple participants did experience additional non-drug or alcohol related arrests.

Building on the success of this diversion program, the Lyon County Opioid Team has engaged in discussions with Dickinson County to explore the possibility of implementing a Drug Court within their county. Dickinson County is also considering a Juvenile Drug Court program to support some of its most vulnerable youth. Sioux Rivers has served as a bridge in these discussions, actively partnering in the research and development of these programs.

Plymouth County also has been successfully implementing this diversion-based program for many years. Plymouth County also serves some Sioux County referrals for their Drug Court programming.



Emergency Evaluations Jails/Emergency Departments- In the second half of FY23, Sioux Rivers began a contract with Flowstate to perform assessments and placements in jails and emergency rooms. Onboarding efforts continued into FY24, by the third quarter, Flowstate was fully operational across all regional jails and every hospital, providing assessment and placement consultation services. Specific data points related to Flowstate’s impact are detailed in the Regional Accomplishments section of this report.



Transitional Living- Sioux Rivers allocated funding to The Pride Group in FY22 and FY23 to establish and support a Transitional Living program. For FY24, The Pride Group’s contract included a requirement to open this program by January 1, 2024, with the option for the Regional Governing Board to reallocate the funds if the deadline was not met. Due to staff shortages, The Pride Group was unable to open the Transitional Living program by the start of 2024, and the Sioux Rivers Regional Governing Board subsequently voted to reallocate those funds to other regional needs.



Crisis Response Services- During FY24, Sioux Rivers placed a strong emphasis on crisis response services. The Crisis Collaboration Workgroup continued to explore strategic goals related to crisis programming, with a focus on expanding the use of the Access Center, Mobile Crisis, and Residential services. In addition to utilization goals, FY24 objectives included reducing the number of non-compliant individuals in the civil commitment process. Recognizing that non-compliance often results from individuals being in crisis, Sioux Rivers brought in justice-related partners, such as the Judicial Advocate, County Attorneys, and Judges, to strengthen the response to non-compliance. Together with crisis providers, these partners developed procedures to minimize court involvement by notifying mobile crisis or outreach teams when an individual is at risk being held in contempt of court. These teams then work to locate and re-engage individuals in services, reducing the need for court actions and force.

Throughout FY24, Sioux Rivers continued its support of Seasons Center for Behavioral Health in developing and opening a Crisis Residential Program. After a lengthy development process, FY24 saw Seasons Center complete construction and begin staffing “Alex’s Center,” named in memory of a loved one lost to suicide. Sioux Rivers provided additional funding to assist with the hiring process, as staffing shortages have delayed the center’s opening. By the end of FY24, Seasons Center reported being short two key staff members, which has prevented the center from accepting its first residents.

FY24 Sioux Rivers contracted with, Avera Behavioral Health in Sioux Falls, SD for crisis programming for children. The need for more robust crisis residential programming for children in our local communities is an identified need and has been a continued conversation during FY24. Seasons Center for Behavioral Health is currently providing Mobile Crisis

Response as well as Community Based Crisis Services for regional adolescents and children. Sioux Rivers continues to support them in identifying gaps and needs to increase utilization of these services for not only adults but youth as well.



IRSH- Just prior to the start of FY23 Sioux Rivers designated and supported the opening of the first IRSH home in Iowa with the doors opening in June of 2022. During FY24, Sioux Rivers completed the first redesignation of an IRSH provider, reviewing the process and procedures with Lakes Lifeskills. This redesignation process identified specific needs and gained experience in working with individuals meeting the IRSH level of care. This redesignation was completed and provided to HHS as of February 22, 2024. The need for this level of care is so vast across the state of Iowa, Sioux Rivers designated provider increased their number of beds in FY24. Lakes Lifeskills now has two IRSH homes for a total of 8 beds. FY24 brought 8 total admissions and 5 total discharges to the IRSH programming. All but one of those discharges stepped down returning to community-based living programs, with an average IRSH stay of 145 days.



Evidence Based Practices Fidelity Reviews- November 2023 Hope Haven completed a fidelity review for IPS services with a score of 101 out of 125 assuring compliance and fidelity with the programming they offer.

Seasons Center for Behavioral Health also completed a fidelity review for the ACT programs in December 2023 with a score of 107 out of 140.

Sioux Rivers continues to work with the Center for Excellence for Behavioral Health (CEBH) in the completion of fidelity reviews for multiple service program areas. FY25 will bring continued support and encouragement for providers to comply with the Fidelity Review options made available to them through the CEBH and/or other proven fidelity-based reviews.

Continuous feedback loops through quarterly provider partner meetings, specialized workgroup collaborations, and looking at data-driven outcomes, Sioux Rivers has continued focusing on fine-tuning these programs while remaining responsive to the evolving needs of a rural communities. Continuing to involve stakeholders in the decision-making process and addressing potential barriers Sioux Rivers continues to create an environment that fosters trust and ability to expand the reach of mental health and disability services well into FY25 and beyond

E. Outcomes/Regional Accomplishments in FY2024

In FY24, continued data collection was essential for maintaining a comprehensive understanding of evolving trends, program growth, and service utilization. This commitment reflects Sioux Rivers' dedication to evidence-based practices and to serving those in need of mental health and disability services. You will find information on early intervention and prevention initiatives that Sioux Rivers funded or supported in collaboration with coalitions to bring vital topics to the communities we serve. Additionally, the following charts and graphs highlight the data collected and service trends for a variety of core and core-plus programs in FY24.

Intervention and Prevention Strategies:



Suicide prevention and intervention are of paramount importance in our society. Every life lost to suicide is not only tragic for the individual and their loved ones but also a missed opportunity for healthy growth, and contribution to our communities. Engaging in prevention efforts, we work towards creating a world where everyone feels valued, supported, and equipped with the resources they need to navigate life's challenges.

It is crucial to recognize the significance of discussing resilience and addressing emotional health needs, especially during teenage years. Teenage years are a critical period of development marked by numerous transitions, identity formation, and heightened emotional experiences. It is important that teens feel like they can openly discuss emotions, build resilience, and access mental health support whenever the support is needed.

Sioux Rivers hope in bringing Kevin Hines's program to regional schools was to begin fostering a culture that prioritizes open communication, empathy, and proactive support for emotional well-being. Having these difficult conversations, teens can be empowered to seek help when needed and can assist in breaking the stigma surrounding brain health issues and ultimately save lives.

Kevin Hines is a suicide survivor and mental health advocate. At the age of 19, he jumped off the Golden Gate Bridge in San Francisco, a method of suicide attempt that has resulted in the death of over thousands of people since the bridge was erected in 1937. Miraculously, Kevin is one of only 36 to survive, and in the (almost) 19 years since his nearly fatal try, he has become the link between the many mothers, fathers, brothers, sisters, children, spouses, friends, and loved ones who have made similar attempts to put an end to their unimaginable suffering, some leaving those behind wondering why and what they could have done to help.

Through his story, Kevin has developed a connection of hope and courage between life and death for people caught in the pain of living with serious mental illness, difficult life circumstances, and more. His invigorating honesty, activism, and understanding of the complex surroundings that contribute to mental illness and suicide have aided those who have lived through the darkness of societal stigma and discrimination.

Following Kevin's presentation, students had the opportunity to ask him questions directly or anonymously via a QR code. Kevin took the time to answer each question in a personal and meaningful way. Feedback from school staff indicated that teens left the program feeling heard and understood, with many finding Kevin's story truly inspiring.

This event reached approximately 2,200 students and staff across six regional counties. All regional public and private schools were invited, along with neighboring high schools if part of their district was within a Sioux Rivers county. Twelve regional school districts participated.

To extend the impact beyond the event, each attendee received a sling pack containing brain health resources and contact information. Additional packs were distributed to local law enforcement for patrol cars, ensuring these resources reach those in need.

The event brought together multiple regional agencies. Highlights included the involvement of Hope Haven Day Hab in packing nearly 3,000 sling packs and the availability of Mobile Crisis Response teams and School-Based Therapists during and after each presentation for students who may have been affected by the message.

Media coverage amplified the event's reach, including newspaper articles and two radio segments on *Rog's Corner*, where Kevin Hines was interviewed. This ensured the message reached many more individuals who couldn't attend in person.

A particularly moving moment came when Kevin Hines shared that he received an email from an attendee thanking him for saving her life by answering her question. This powerful feedback underscores the profound impact of the event and highlights the importance of open communication and community support in brain health awareness and suicide prevention.



The Dickinson County Behavioral Health Coalition and Iowa Great Lakes Rotary identified a need to provide early intervention and prevention education for local youth. Partnering with Sioux Rivers, they worked together in organizing, marketing, running the event, and following up to deliver impactful education and prevention efforts throughout FY24 in Dickinson County.

The initiative began with the “Let’s Talk, Dickinson County” events, open to any parent of school-aged children interested in learning about resources for children facing mental health, behavioral, or learning challenges. Parents were encouraged to attend, even if their child had not been diagnosed or shown any specific challenges.

The events featured an open panel discussion, with panelists from Sioux Rivers and several contracted providers. Panelists included:

- Sioux Rivers Regional Service Coordinator (for general resources, referrals, and funding)
- Flowstate (emergency room and crisis evaluations)
- Plains Area Mental Health (children’s behavioral health treatment and open access)
- Prairie Lakes AEA (school concerns and IEP process)
- University of Iowa Child Specialty Clinic (children’s mental health concerns and medication management)

Over 150 attendees had the opportunity to ask questions openly, with an option for anonymous written questions. These Parent Panel events successfully raised awareness of local resources and helped reduce stigma around reaching out for help.



Following the Parent Panels, Donovan Taylor Hall, a youth advocate and educator known for teaching kids how to build a positive self-identity, spoke to over 1200 students across three Dickinson County school systems. Donovan has been featured on the Today Show, NowThis, DailyMailTV, and multiple podcasts and he is also developing an educational entertainment show aimed at reaching a broader youth audience.

Donovan focuses on teaching kids how to build a positive self-identity and develop self-esteem through practical tools and mindset shifts. He emphasizes skills like self-compassion, resilience, and emotional regulation, encouraging kids to see challenges as growth opportunities. His talks often include strategies for self-acceptance, managing stress, and setting personal goals, all with the aim of helping kids feel empowered and confident in themselves. He uses an interactive and relatable approach to connect with students, making the lessons engaging and easy to apply to their daily lives.

Sioux Rivers continues to bring valuable educational resources to local families and schools, ensuring these efforts extend beyond FY24.



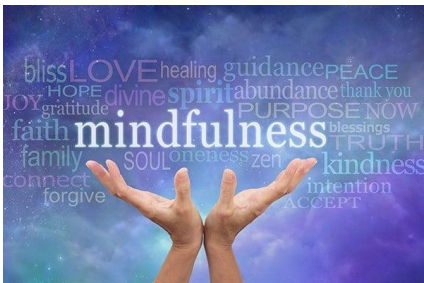
Rog's Corner

Sioux Rivers began funding Rog's Corner in FY24. This radio program openly addresses suicide and mental health and is dedicated to the memory of Roger (Rog) Broek, who died by suicide in July 2023. Rog, known for helping countless people with addiction and personal struggles, silently battled suicidal thoughts himself. This program aims to support those experiencing similar thoughts, as well as their families, friends, and anyone grieving a loss to suicide.

Airing every Tuesday at 8:45 a.m. on 93.9 FM KSOU and archived on the KSOU website, Rog's Corner is accessible throughout the Sioux Rivers region and beyond. According to website data there have been approximately 4,551 views of the archived episodes, with most viewed in FY24 being the inaugural two episodes and the interviews with Kevin Hines. Extending this reach, host Piet Westerbeek was also featured on KTIV, sharing the program's impact on communities and individuals facing mental health challenges and not to mention the numerous newspaper articles that have highlighted Rog's Corner's positive influence.

Rog's Corner is funded by Sioux Rivers public education dollars and produced in partnership with Creative Living Center and Sioux County Radio. Topics have included discussions on proactive parenting, self-compassion, finding the right help for kids, social support, suicide ideation, and two episodes with guest Kevin Hines.

Listeners have shared powerful feedback, with one saying, "The episodes are so impactful, and I am learning so much. I love that they are archived so I can go back and catch the ones I miss." Another remarked, "The episodes empower me to understand a topic that was always scary. I feel better equipped to talk to others about mental health issues."



In FY24, Sioux Rivers reallocated funds to support grounding techniques and emotional coping skills development. Challenge to Change mindfulness education toolkits were made available to all contracted provider partners, offering resources for group therapy, peer-run clubhouses, peer support work, and other contexts where mindfulness could enhance their work. These tools are especially useful for providers working with individuals who may become easily escalated, offering additional de-escalation strategies.

Hope Haven shares that they are utilizing the Challenge to Change website (C2C Hub) and resources in the My Day service program, reaching approximately 140 individuals. The My Day program has been consistently using the daily, weekly, monthly challenges for self-improvement and healthy competition between groups. Hope Haven staff explored the various online resources to assist with activity planning and education segments. Staff also utilize the physical resources that came in the bundles. The emotion cards, emotion chart, mantra cards, and yoga cards have also been popular.

Hope Haven also shared that their RBSCCL program has been using the resource bundle to facilitate age-appropriate groups in homes. Focus has been on various topics such as emotional regulation, positive thinking, self-esteem, and wellness.

Hope Haven also utilized the mindfulness resources for staff members. During May, Mental Health Awareness Month, Hope Haven completed the mental health challenges that were posted on the C2C Hub. They also incorporated an

agency wide mental health bingo card and facilitate a group chair yoga session in the corporate to promote some mindful movement.

The toolkits were also offered to local schools as part of early intervention efforts to help students develop self-regulation skills. Two school systems accepted this resource and incorporated mindfulness practices into their school routines.

Maurice Orange City-Floyd Valley (MOC-FV) Elementary School opted to purchase the emotion cards through Challenge to Change assisting in the instruction regarding different emotions. These emotion cards were utilized with approximately 340 students in grades TK-2nd. In addition, MOC-FV purchased breathing cards which assisted approximately 550 students in grades TK-4th with identifying healthy coping strategies to assist with emotional regulation.

Spirit Lake Public High School opted to incorporate yoga and mindfulness practices into their physical education programs. Yoga Okoboji, a local licensed and accredited Yoga studio, provided 8 yoga and mindfulness sessions to students during physical education classes. This mindfulness effort reached 100 students in the district teaching them coping and calming strategies.



In July 2024, Sioux Rivers Law Enforcement personnel were trained in Crisis Intervention Training (CIT), taught by individuals from SolutionPoint+, the nationally recognized experts in de-escalation training. On day one participants learn advanced verbal communication skills and the various ways to respond to a person experiencing a behavioral crisis. Participants then learn the dynamics of serious mental illness on day two. On day three, participants learn about depression, post-traumatic stress, and the complex social problem of suicide, specifically police suicide. This day creates a turning point in the class as we transition to introspectiveness. On day four, participants dive into advanced topics surrounding untreated serious mental illness and public safety. Most importantly, they learn their Adverse Childhood Experiences score, an eye-opening experience. Additionally, we provide a screening of the Emmy award-winning HBO documentary “Ernie and Joe: Crisis Cops.” On day five participants learn to look at their own mental wellness to guide their responses in all human interactions.

The last course of the training is the most valuable and provides tangible skills to implement mental resilience. The week is completed when participants pass a written exam and a practical application assessment. Throughout the week, scenario-based training is utilized to develop the skills of the participants. SolutionPoint+ uses a community-based training model that is law enforcement led, and community supported. We bring in local resources and stakeholders to foster community relationships. There is tremendous value in first responders knowing what resources are available in their communities. The premise of this course is to promote behavior change through human connection.

This exceptional training was provided at no cost to our county and local departments, fully funded by Sioux Rivers. The response was extremely positive, with many local officers requesting additional training opportunities. When other trainings were offered across the state during FY24, Sioux Rivers ensured that departments were informed, and training opportunities funded. Additionally, Sioux Rivers plans to bring more de-escalation training to the region in fall FY25.



In June 2024, severe flooding impacted many of our local communities, affecting all six counties in the region. Floodwaters led to widespread devastation, from sewage backups to the tragic loss of homes across many communities. Sadly, the community of Rock Valley, experience one loss of life. Residents in Dickinson, Lyon, Sioux, and Plymouth Counties faced evacuations, with many unable to return to their homes. Local evacuation shelters and temporary housing centers were established across these counties to support those displaced during the initial rescue efforts and the early recovery phase.

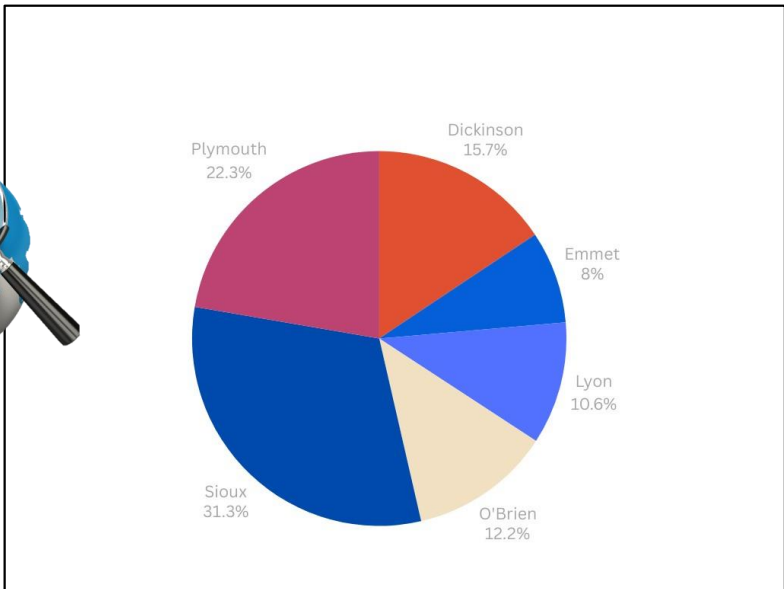
Sioux Rivers organized crisis response teams to deliver essential behavioral health support to displaced individuals in local shelters and across the affected communities. Teams provided on-site information and referrals, as well as individual, family, and group CISM (Critical Incident Stress Management) debriefings. During the cleanup efforts, crisis response teams were also present throughout communities, offering direct support and reminding those impacted to prioritize their physical, emotional, and spiritual well-being amid these challenging times.

These services focused on prevention, intervention, and emotional support during the immediate aftermath of the disaster. This comprehensive behavioral health response was made possible through collaboration with Sioux Rivers' provider partners and the Northwest Iowa CISM Debriefing Team. With the recovery anticipated to continue into FY25, ongoing support will be crucial to help these communities rebuild and recover fully.



Data collected and service trends:

Sioux Rivers Regional MHDS
Population Census= 115,174

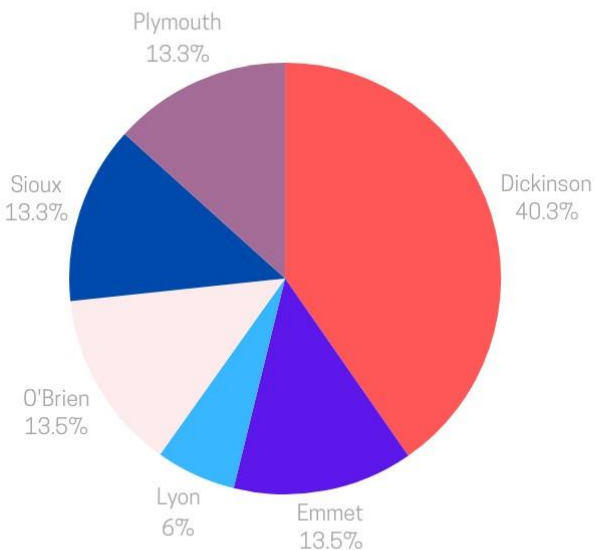


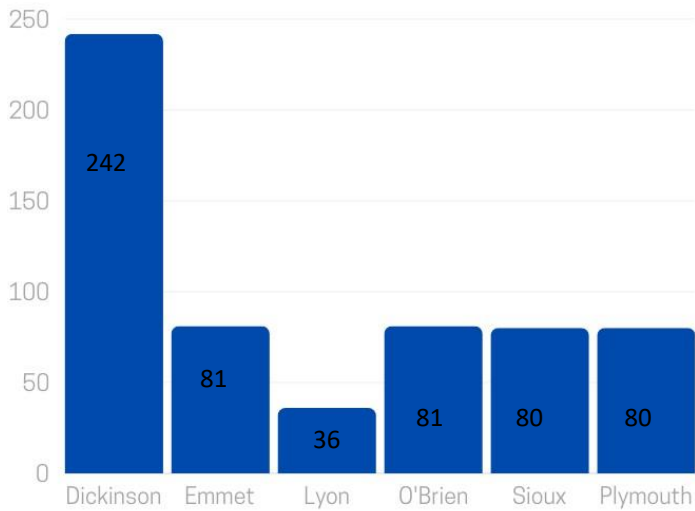
Service Coordination Data:

Sioux Rivers Regional Service Coordinators are responsible for facilitating, coordinating and monitoring services provided to adults and children who meet our eligibility guidelines within our Management Plan.

Service Coordinators also work with individuals/families to identify service needs and apply for available funding resources. Service Coordinators are an important part of assuring individuals and families have the best resources and services to meet their needs.

This chart identifies the percentage of all service coordination occurring in each of the six counties.





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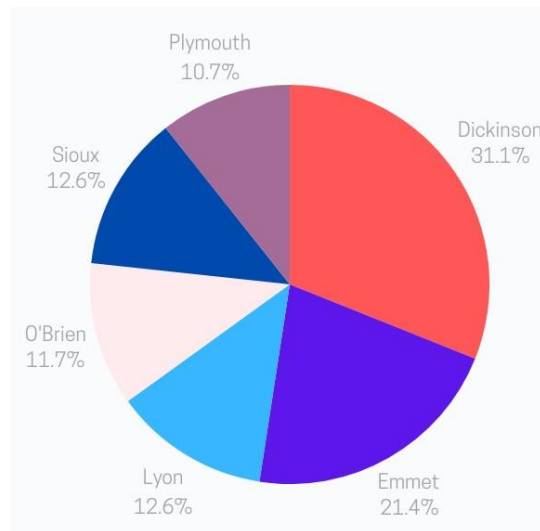
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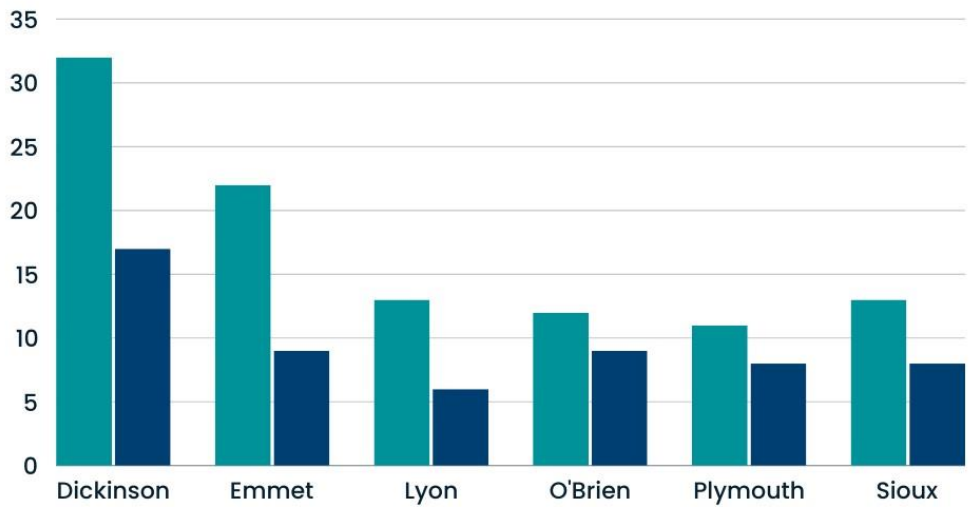
This chart identifies the number of unduplicated individuals provided service coordination in each of the six counties.

Justice Involved Services:

The following graphs show the usage of Jail-Based Crisis Evaluations by County of usage.

FY24 saw the on-boarding of all county jails. This has shown to be valuable regarding outcomes and consistency in level of care recommendations and following services coordination.





Total

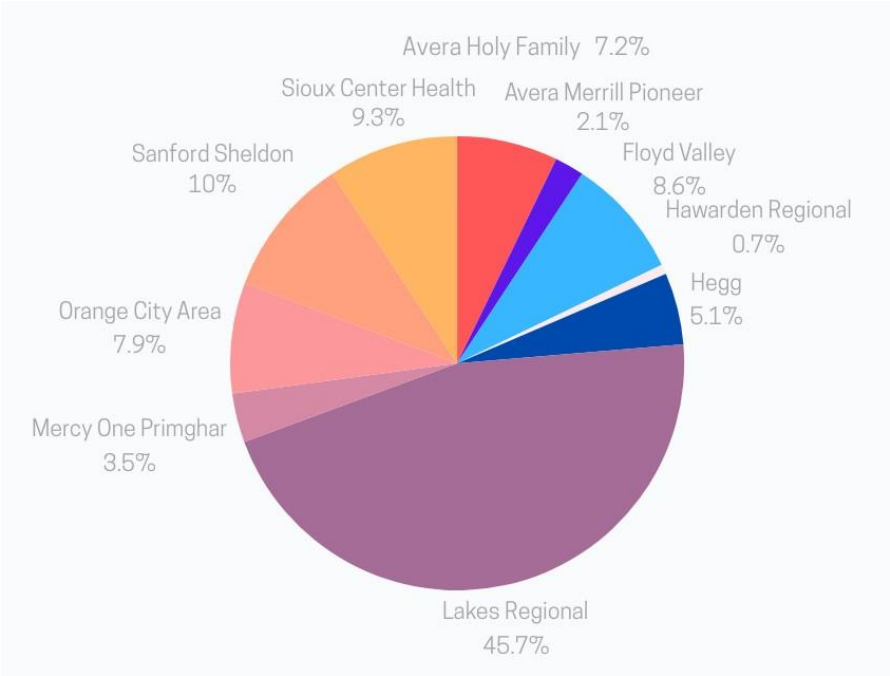
Unduplicated

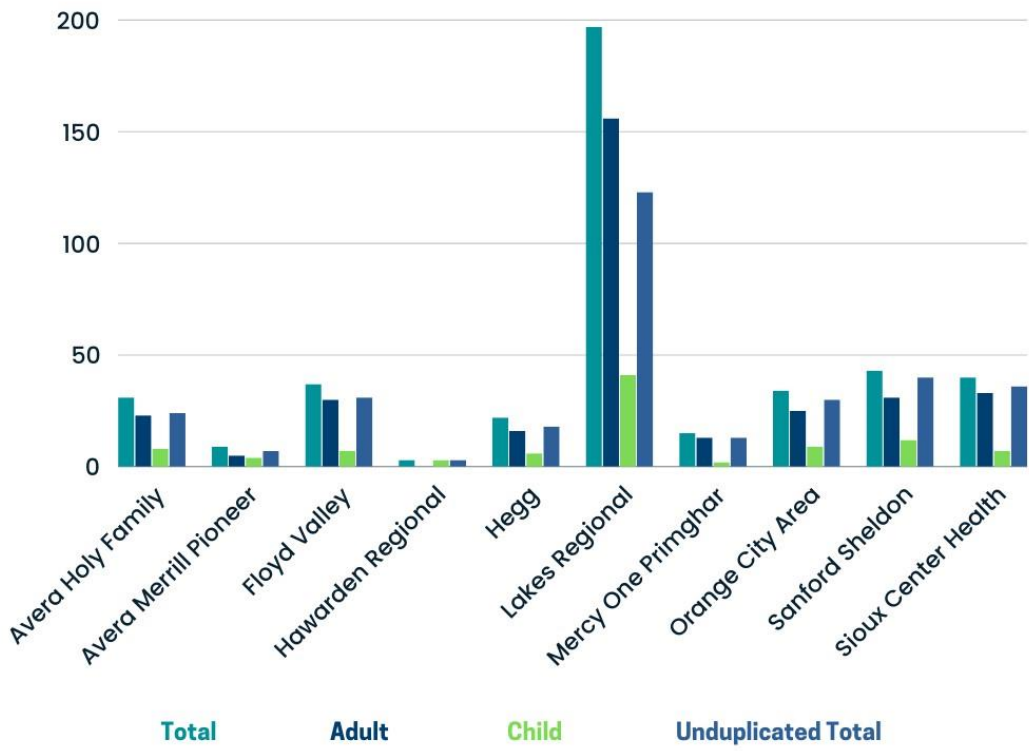
Flowstate served all six of the regional county jails during FY24. Flowstate completed 103 total assessments with 57 unduplicated individuals.

Hospital Crisis Evaluations:

The following graphs show the usage of Crisis Evaluation Services by individual hospital location.

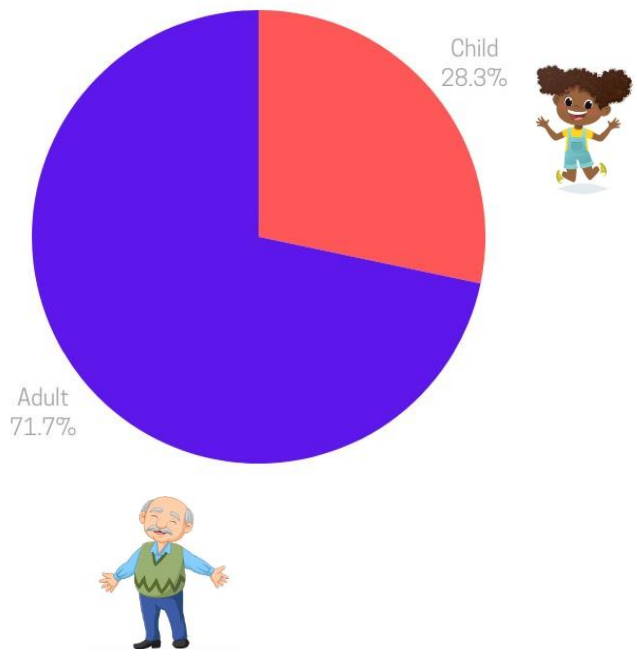
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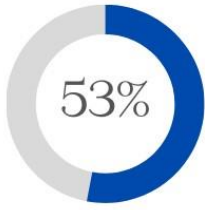


The following bar graphs show the usage of Crisis Evaluation Services by individual hospital location broken down in adult and children services as well as unduplicated individuals.

93%
Unduplicated Assessments



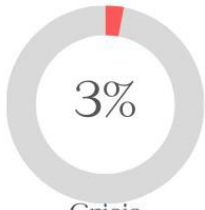
In FY24 Flowstate completed a total of 477 Hospital Crisis Evaluations of which 135 were children under the age of 18 and 342 were adults.



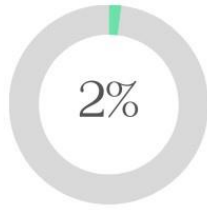
*Home



Hospital Inpatient Unit



Crisis Residential Program



Other

*Home includes individuals who returned to a community based residential program (such as HAB, IRSH, etc) if the individual resided in that location prior to presenting in the ER.

Flowstate was able to provide discharge disposition following the completion of the hospital Crisis Evaluations completed in FY24.

As you can see more than half were assessed and provided immediate crisis de-escalation and able to return home. The return home included Regional Service Coordination and community-based programming and/or outpatient treatment services to help symptom management and recovery.



Flowstate reported an average of 5 hrs. and 49 min of time spent in the ER before disposition/discharge.

Crisis Response Services:



Mobile Crisis
Community Based (CSCBS)
Development of 23 Hr Observation and Residential Beds



Access Center
Subacute
23 Hr Observation Residential Beds



Turning Point Residential Beds

Sioux Rivers Adult Services Crisis data is reported based upon our three contracted providers, Seasons Center for Behavioral Health, Plains Area Mental Health (Turning Point) and Siouxland Mental Health.

In FY24 Seasons Center for Behavioral Health also provided Mobile Crisis and CSCBS Services for children/adolescents.

In Development FY25: Plains Area Mental Health will begin to provide Mobile Crisis Response services for Plymouth County.

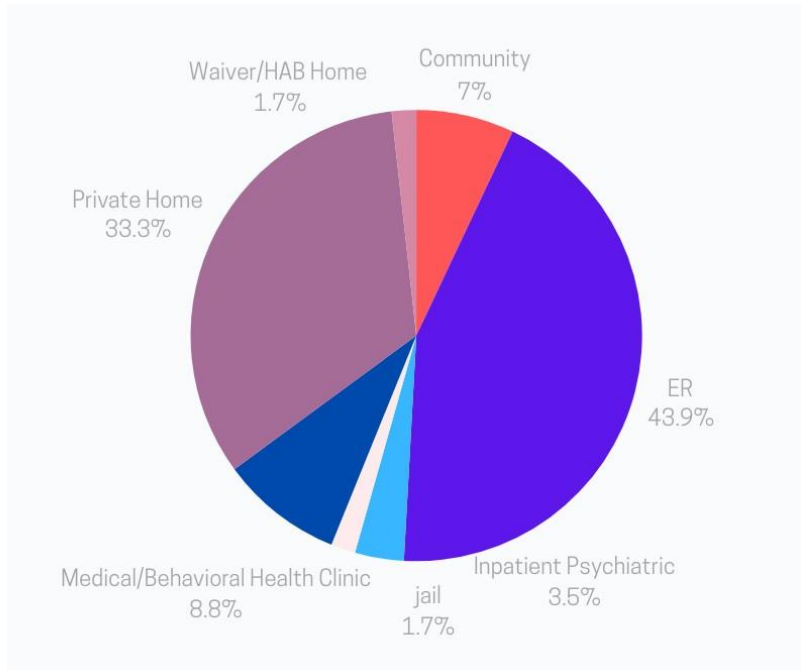
Crisis Residential Services:

Currently Sioux Rivers supports two open Adult Crisis Residential programs for a total of 12 adult beds.



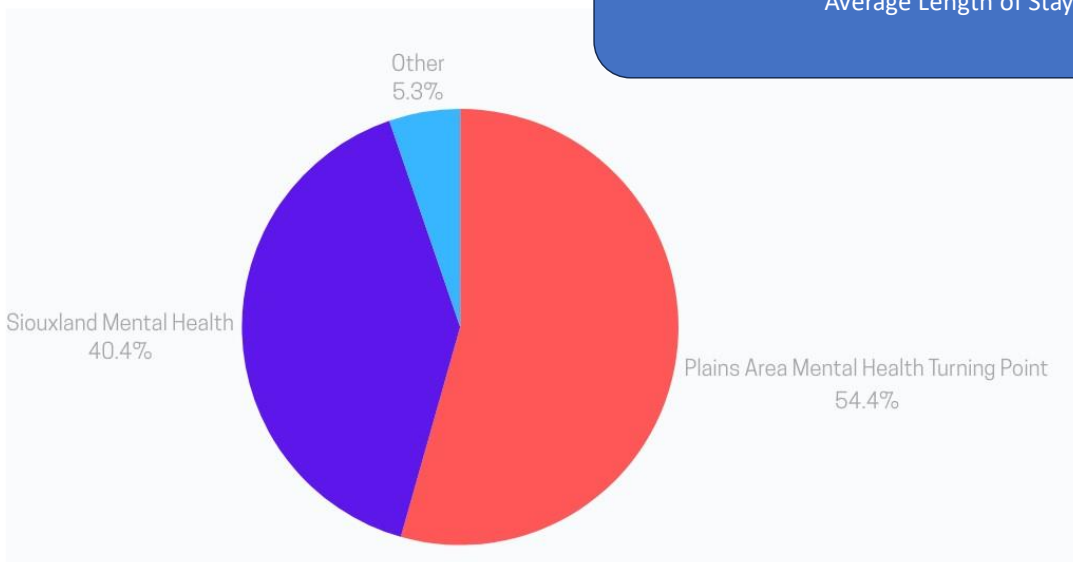
In Development FY 24: Seasons Center for Behavioral Health continued developing an additional 4 interchangeable adult 23 -observation and residential beds. Construction was completed and the process of hiring staff began.

The follow charts provides information related to the location of the individual at the time of referral to the Crisis Residential programs.

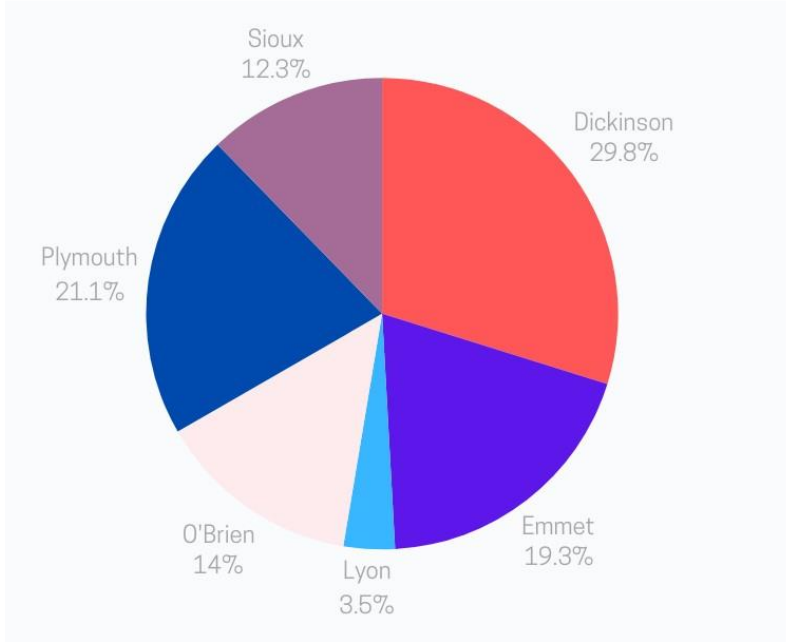


This chart displays the percentage of crisis residential services provided by each of Sioux Rivers contracted provider partners.

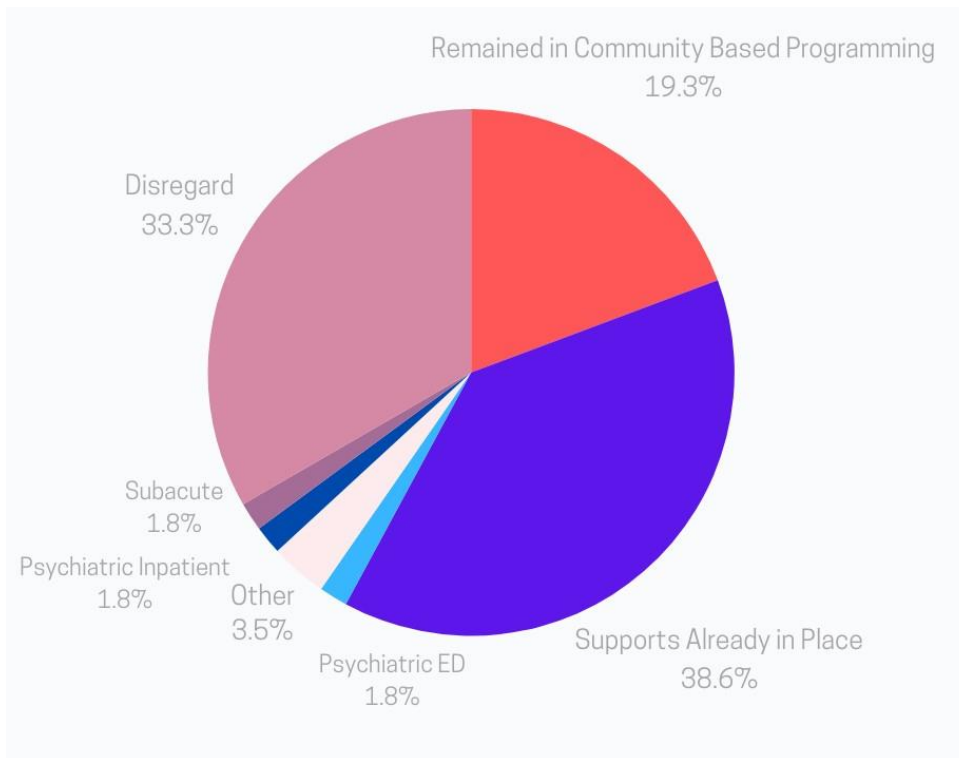
Average Length of Stay: 1.3 days



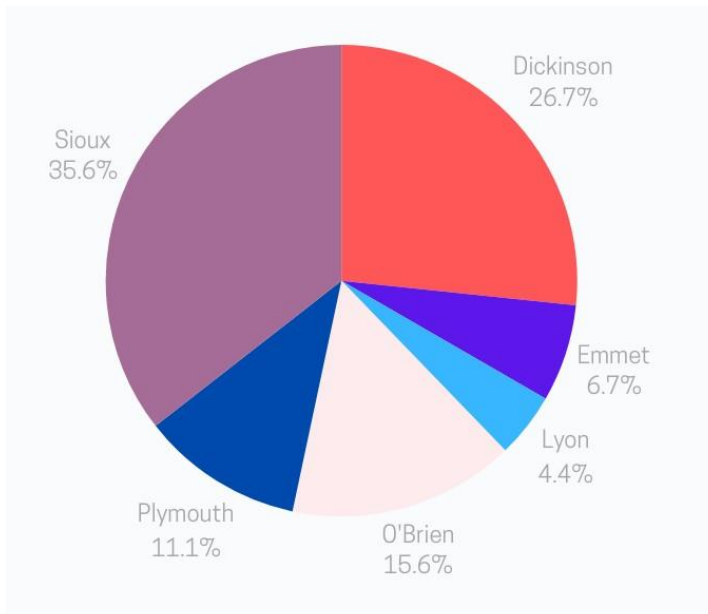
The following chart shows individual county of residence and usage of Crisis Residential Treatment Services.



Individuals are provided 1-5 days of Crisis Residential Programming before insurance pre-authorization becomes necessary. A discharge disposition is required, and the following provide information related to discharge status from residential programming.



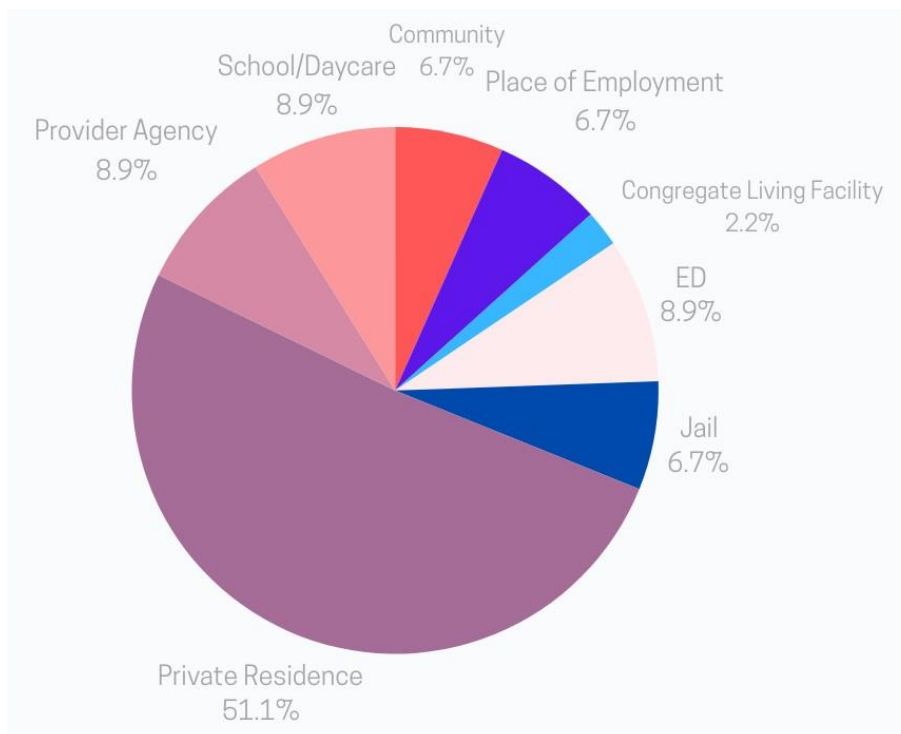
Mobile Crisis Response:



**Dispatched Counties
FY24**

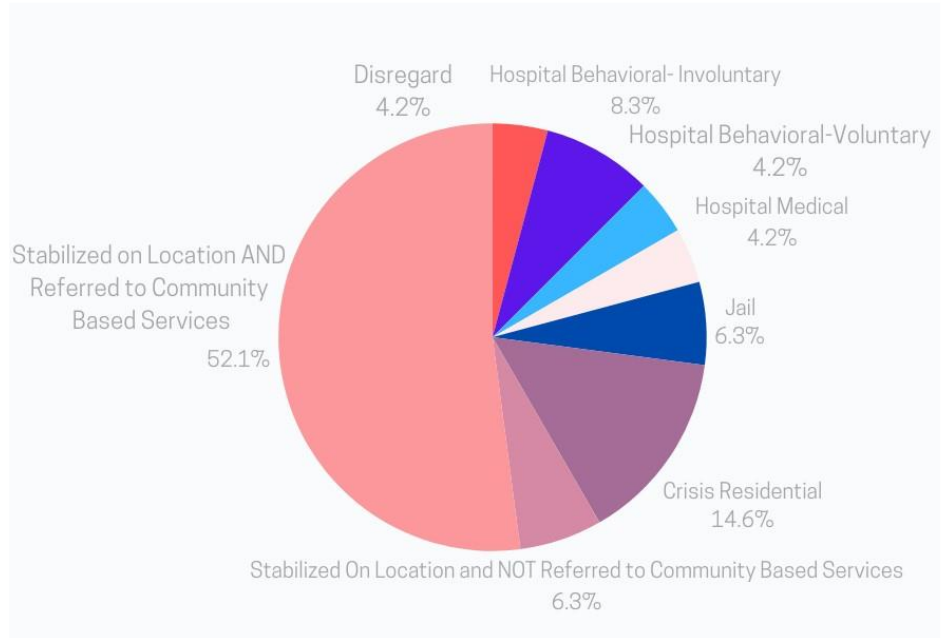
Seasons Center for Behavioral Health was contracted as the Mobile Crisis Services provider dispatched out in all six Sioux Rivers Counties.

This chart shows the percentage of dispatches by county of residence.



Mobile Crisis Response has increased its utilization by responding to multiple locations throughout the community and continues to respond wherever and whenever their assistance is needed.

Multiple level of care options are available for those utilizing Mobile Crisis Response for stabilization purposes. The chart shows the percentage of use for recommended levels of care during FY24 by our Mobile Crisis teams.



IRSH:



Lakes Lifeskills LLC receives funding and support as the designated Intensive Residential Services Home (IRSH) provider for Sioux Rivers Regional MHDS.

FY24 Data: 2 Homes for a total of 8 beds
 Total Admissions-8
 Average Stay Length of Stay- 145 days

IRSH is an intensive, community-based service provided 24 hr a day, 7 days a week, 365 days a year to individuals with severe and persistent mental illness who have functional impairments and may also have multi-occurring conditions.

IRSH services are a no eject/reject service and strict criteria is in place to limit ejection from a home. During FY24 Lakes Lifeskills did not record any individual ejections from the home. However, Lakes Lifeskills did have one elopement. This individual did not return to services.

IRSH Homes were the focus of data outcome development in FY24. IRSH providers have begun reporting additional data metrics the beginning of FY25.

Supported Employment:



Support for Employment is an approach to assist individuals to participate in competitive work located in integrated employment settings that are consistent with the strengths, resources, priorities, concerns, abilities, capabilities, interests, of the individual. Sioux Rivers funding is subject to availability and management plan guidelines through a variety of contracted providers. Most often these services are covered by other funding sources. Many of the individuals who utilized Support for Employment services are also working with Regional Service Coordination Staff.

In FY24 Sioux Rivers Funded a total of 30 individuals for these services, which typically is due to gap in funding for supported employment.

Day Habilitation = 6 Mental Illness
11 Intellectual Disabilities

Individual Supported Employment= 2 Mental Illness
11 Intellectual Disabilities

IPS:

Individual Placement and Support (IPS) is the evidence-based practice of supported employment for persons with serious mental illness. IPS is different from other types of supported employment in that employment services to an individual are integrated with his/her mental health treatment. The IPS model requires commitment and cooperation among Mental Health Provider, Funder, and Employment Service Provider. All three participate in training on the model and are engaged in continuous quality improvement. This ensures that the partners adhere to IPS principles, providing the best opportunity for individuals with mental illness to not only find a job but also to continue receiving the job supports that help them to keep the job.

Sioux Rivers MHDS supports the sustainability of IPS services as well as providing funding for a skill-based socialization group for individuals in the IPS program.

FY24 IPS Data:
32 IPS Individuals Served
12 Unduplicated Individuals Served



Peer Support- Recovery Services:

Sioux Rivers supports our peer recovery-based service through Hope Haven.

Many of these services are covered by other funding sources. Sioux Rivers funding is subject to availability and management plan guidelines through a variety of contracted providers. Many of the individuals who utilized Recovery Services are also working with Regional Service Coordination Staff.

In FY24 Sioux Rivers Gap Funded a total of 2 adults for this recovery-based service.

Sioux Rivers has seen an increase in the usage of the Peer Support Programming across the region. This increase in utilization is contributed to funding transportation supports.



Sioux Rivers also supports Social Support Services through Peer Drop-In- Centers.

In FY 24 Sioux Rivers Supported Plains Area Mental Health Center in serving 53 adults with Mental Illness in their Plymouth County Drop-In Center

Sioux Rivers, in collaboration with Plains Area Mental Health, sought to pilot an adolescent afterschool peer recovery support program. However, challenges like obtaining parental consent hindered the full development of this important program for adolescents.

Supported Community Living (SCL):

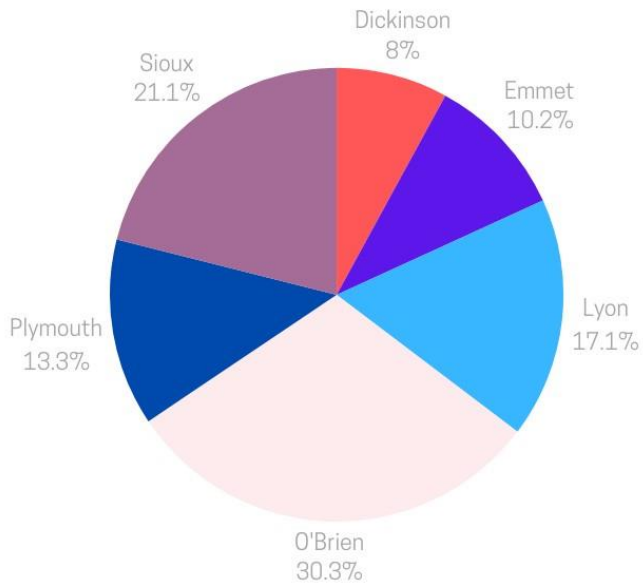
Support for Community Living is a service provided in a noninstitutional setting to adult individuals with mental illness, intellectual or developmental disabilities, or brain injury to meet the person's daily living needs. Many of these services are covered by other funding sources. Sioux Rivers funding is subject to availability and management plan guidelines through a variety of contracted providers. Many of the individuals who utilized SCL services are also working with Regional Service Coordination Staff.

In FY24 Sioux Rivers Funded a total of 13 adults for this services, which typically is due to a gap in funding for SCL services.

Mental Health =9
Intellectual Disabilities = 10



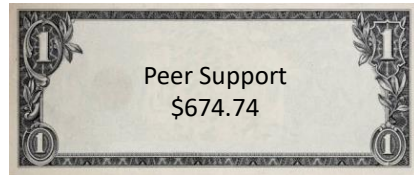
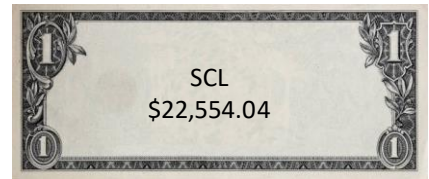
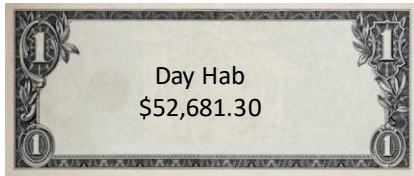
Gap Funding:



The following chart shows the percentage of dollars paid out in Gap Service per Sioux Rivers Regional County.



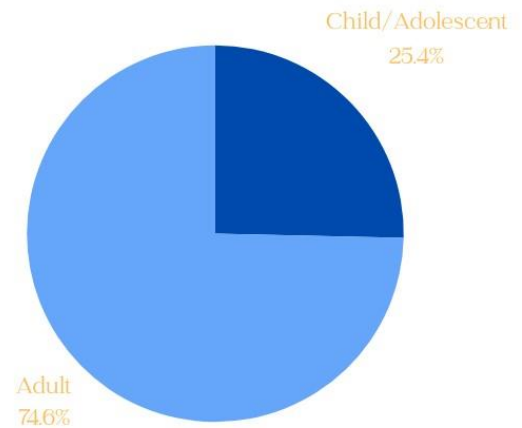
**FY24 Gap Funding
Total: \$87,999.64**



Basic Crisis Response:

Basic Crisis Response consists of services that are provided to individuals experiencing a need for assessment and level of care determination to address immediate symptomology. This includes crisis evaluations, observation and holding, mobile crisis response, crisis stabilization community based, and crisis stabilization residential.

The following charts provide a snapshot of the number of individuals served for Basic Crisis Response services as well as the total percentage of children/adolescents and adults accessing regional funding for services received.



ADULT

	MENTAL HEALTH	INTELLECTUAL DISABILITY
CRISIS EVALUATION	262	0
23 HOUR OBSERVATION	2	0
MOBILE RESPONSE	28	0
CRISIS STABILIZATION COMMUNITY BASED SERVICES (CSCBS)	6	0
CRISIS STABILIZATION RESIDENTIAL SERVICE (CSRS)	8	0



CHILDREN

	MENTAL HEALTH	INTELLECTUAL DISABILITY
CRISIS EVALUATION	89	0
23 HOUR OBSERVATION	0	0
MOBILE RESPONSE	12	0
CRISIS STABILIZATION COMMUNITY BASED SERVICES (CSCBS)	1	0
CRISIS STABILIZATION RESIDENTIAL SERVICE (CSRS)	0	0

Individual and family funding is subject to availability and management plan guidelines.

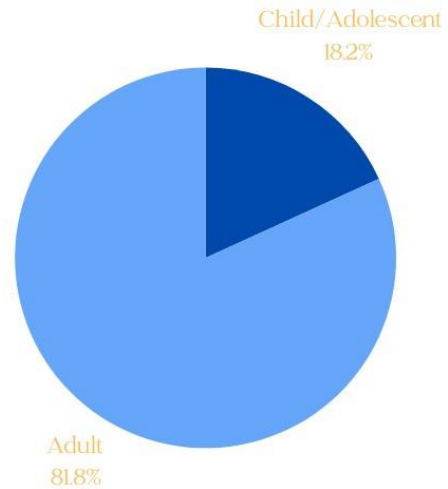
Treatment and Assessment:

Treatment consists of services that are provided in an office or clinical setting on an outpatient basis utilizing Evidence-Based Therapy Practices. Outpatient services may include psychiatric evaluation, medication management, and individual, family, and group therapy. Outpatient services provide appropriate mental health diagnosis, treatment, as well as followup care.

Treatment Services also consists of inpatient hospitalization for those individuals who need stabilization support beyond outpatient services. These inpatient services are received through Iowa Mental Health Institutes (MHIs) or private/public hospital inpatient mental health units.

The following charts provide a snapshot of the number of individuals served for treatment services as well as the total percentage of children/adolescents and adults accessing regional funding for treatment related services.

Core: Treatment Services



ADULT

	MENTAL HEALTH	INTELLECTUAL DISABILITY
PSYCHOTHERAPY OUTPATIENT	4	0
ASSESSMENT AND EVALUATION	1	0
STATE MHI INPATIENT	2	0
OTHER PRIVATE/HOSPITAL INPATIENT	11	0

CHILDREN

	MENTAL HEALTH	INTELLECTUAL DISABILITY
PSYCHOTHERAPY OUTPATIENT	4	0
ASSESSMENT AND EVALUATION	0	0
STATE MHI INPATIENT	0	0
OTHER PRIVATE/HOSPITAL INPATIENT	0	0

Sioux Rivers provides funding and support to various regional outpatient mental health providers and inpatient units. Individual and family funding is subject to availability and management plan guidelines.

Non-Core Support:

Sioux Rivers provided transportation support services to 72 individual during FY24.



Sioux Rivers assisted with the cost of psychotropic medications for:
Incarcerated: 32 individuals
Other: 1 individual



Sioux Rivers assisted with Basic Needs such as rent payments for:
Adult: 2 individuals
Children: 1 individual



Sioux Rivers Management plan allows for funding of transportation services for all involuntary civil commitment cases and limited voluntary placements as deemed necessary and per eligibility requirements outlined in the Sioux Rivers Management Plan. These numbers are not reflected in the above data reports.

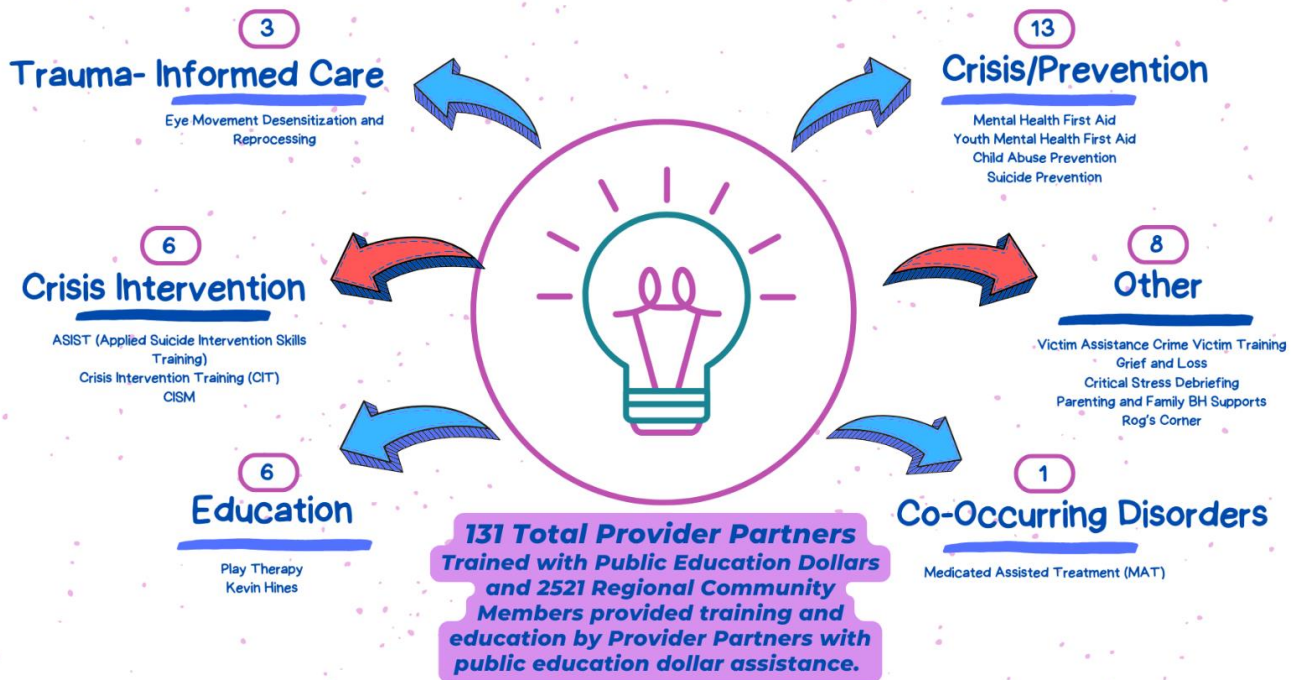
Residential Care Facilities (RCF) provide food, shelter, personal development and social activities for individuals who require 24-hour support services. Independent living skill development is offered on an individualized basis as means of community reintegration. RCF services are fully funded by MHDS Regions.

During FY24 Sioux Rivers funded 19 regional residents in the RCF setting.

Individuals who utilized RCF Services are also working with Regional Service Coordination Staff.



O'Brien County hosts the RCF home within the Sioux Rivers Region, provide high-quality residential care for individuals needing additional structure and stabilization. The Plymouth County location received HAB funding credentialing as a community-based home during FY24 ensuring that all Plymouth County beds are now HAB eligible. Both homes, are managed by The Pride Group.



Professional development and community education is crucial for stakeholder and communities in which Sioux Rivers serves. The field of mental health and disability services is ever changing with newer research, treatment modalities, and ethical considerations. Continuous professional development allows stakeholders to stay informed about the latest developments in evidence-based practices and therapeutic techniques. Sioux Rivers not only provided funding for stakeholders to educate their professional workforce but also provide community-based trainings. Educating the community about mental health is critical to the overall well-being and resilience of our communities. Raising awareness and providing individuals within our communities with education regarding mental health and disability services assists in reducing the stigma associated with mental illness and disabilities while fostering understanding and empathy in community-based settings. The above diagram illustrates how allocated public educational dollars were spent during FY24. It outlines the number of individuals trained along with the type and specific trainings attended.

F. FY25 Projection and Transitions

In FY24, Sioux Rivers focused on destigmatizing mental health and disability services through various community outreach activities, attending coalition meetings, health fairs, and organizing key prevention events, such as the impactful presentations by Donovan Taylor Hall and Kevin Hines. Suicide awareness and prevention efforts expanded, highlighted by ASIST trainings for community members and the Rog's Corner radio broadcasts reaching the entire region. Law enforcement support was a priority, with 18 officers receiving Crisis Intervention Training (CIT) and the

formation of a jail administrators' workgroup. Critical Incident Stress Management (CISM) training proved invaluable, especially during the response to local flooding and support for communities affected by suicides.

The Crisis Collaboration Workgroup developed strategic goals focused on civil court commitment compliance, partnering with the justice system and mobile crisis teams to support at-risk individuals. Peer Support services also expanded, ensuring greater support for individuals to remain in their communities, while Lakes Lifeskills was redesignated as the IRSH home and grew to accommodate the LTSS SMI population, adding a second home and increasing capacity to eight beds.

However, challenges emerged due to Iowa's behavioral health alignment, with the anticipated regional termination at the end of FY25 causing anxiety among staff, providers, and the community. Sioux Rivers faced staffing shortages, reducing from seven to three full-time staff by FY24's end, with a single Regional Service Coordinator managing all six counties. Hiring efforts have been hampered by the impending termination, adding to the complexity of sustaining essential services.

Looking ahead FY25 will bring significant transitions as Sioux Rivers Regional MHDS prepares for its sunset year. Despite the challenges, Sioux Rivers is committed to maintaining the high-quality services that our communities and individuals rely on. We will continue supporting our provider partners to the best of our ability, ensuring stability during this period of change. Sioux Rivers' initiatives, core, and core plus services will remain a priority as we work to uphold the region's standards and prepare for a smooth future transition.